

The Park Center's 2013 Indoor Summer Swim Lessons

Join the Park Center's Swimming & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include 8 forty minute lessons. In order to improve the quality and effectiveness of swim lessons children should be registered for the appropriate level according to their swimming skills.



Cost: **Resident:** **\$30**
Non-Resident : **\$35**



Monday-Thursday Mornings

Session Dates

- 1 June 10th – June 20th (Registration Dates: April 29th – **Deadline June 7th**)
- 2* June 24th – July 5th (Registration Dates: June 14th – **Deadline June 21st**)
*The Second week July 1st-5th runs Mon, Tues, Wed, Fri Due to the 4th of July Holiday
- 3 July 8th – July 18th (Registration Dates: June 28th – **Deadline July 5th**)
- 4** July 22nd – August 1st (Registration Dates: July 12th – **Deadline July 19th**)
**The first week July 22-26th runs Mon, Tues, Thurs, Fri Due to the 24th Holiday
- 5 August 5th – August 15th (Registration Dates: July 27th – **Deadline Aug 2nd**)



Tuesday & Thursday Evenings

Session Dates

- 1 June 4th – June 27th
(Registration Dates: May 24th – **Deadline June 1st**)
- 2 July 9th – August 1st
(Registration Dates: June 21st – **Deadline July 6th**)

Saturday Mornings

Session Dates

- A June 8th – July 27th
(Registration Dates: April 21st – **Deadline June 5th**)

Swim Lesson Level Chart

Guppies (6 months-4 years, Parent/Tot)

No water experience necessary

Starfish (ages 3-4) Child has limited or no water experience.

Jellyfish (ages 3-6) Child is able to perform all listed:

Submerge to mouth and blow bubbles. Float on front/back (w/ assistance) and recover to standing position.

Seahorses (ages 4-10) Child is able to perform all listed:

Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (ages 5-10) Child is able to perform all listed without assistance:

Glide on front/back 2 body lengths Float on front/back for 5 seconds.
Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (5-12) Child is able to perform all listed without assistance:

Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke
Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (5-12) Child is able to perform all listed:

Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke
Tread water for 2 minutes, Float on front/back for 30 seconds.





Murray City Summer Swim Lesson Registration Form



Participant's Name _____

Age _____ Male or Female Birthdate _____ Grade _____ School _____

Address _____ City _____ Zip _____

Parent/Guardian Name _____ Home Phone _____

E-mail _____ Work Phone _____

Emergency Contact _____ Relation _____ Phone Number _____

Cost (per participant, per Session) Member/Resident \$30
Non-Resident \$35

Has participant taken Swim Lessons before? No _____ Yes _____ Last Level Completed _____

Level: _____ Session number: _____

Time: _____ Preferred Instructor: _____

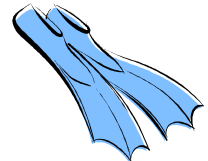
Class levels maybe combined to fill classes.

There will not be scheduled make-up lessons for missed classes.



Registrations will not be accepted after the deadline.

Refunds will not be given after first day of class.



Monday-Thursday Mornings

Session Dates

- 1 June 10-20 (Deadline June 7)
- 2 June 24-Jul 5 (Deadline June 21)
- 3 July 8-18 (Deadline July 5)
- 4 July 22-Aug 1 (Deadline July 20)
- 5 August 5-15 (Deadline Aug 2)

11:00-11:40 AM	11:45 AM-12:25 PM
Guppies	Guppies
All Levels	All Levels

Tuesday/Thursday Evenings

Session Dates

- 1 June 4-27 (Deadline June 1)
- 2* July 9-Aug 1 (Deadline July 6)

4:00-4:40 PM	4:45-5:25 PM
All Levels (no Guppies)	All Levels + Guppies
5:30-6:10 PM	6:15-6:55 PM
All Levels(no Guppies)	All Levels + Guppies
Adult Beginning	Adult Intermediate

Saturday Mornings

Session Dates

- A June 8-Jul 27 (Deadline June 5)

9:00-9:40 AM	9:45-10:25 AM
All Levels (no Guppies)	All Levels + Guppies
Adult Beginning	Adult Intermediate
10:30-11:10 AM	11:15-11:55 AM
All Levels(no Guppies)	All Levels + Guppies
Adult Beginning	Adult Intermediate

Does the participant have any limitations? No/Yes If yes, please explain: _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian

Date

Office Use Only		
Paid \$ _____		
CASH	CHECK	VISA
DISC	AMEX	MC
Date _____	Staff _____	

